

# 5K RUN / WALK 4 LIFE

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	ROBERTO ARACENA		M: 1	RUNNER	1313	00:21:34.20	06:57	8.6mph	Male Overall: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:07.73	06:39	9.0mph	00:04:07.73
				Split 2		00:04:15.92	06:52	8.7mph	00:08:23.64
				Split 3		00:04:28.98	07:13	8.3mph	00:12:52.61
				Split 4		00:04:31.29	07:17	8.2mph	00:17:23.90
				Split 5		00:04:10.30	06:43	8.9mph	00:21:34.20
2	JAMES PYUN		M: 2	RUNNER	1341	00:21:37.27	06:58	8.6mph	Male Overall: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:09.24	06:41	9.0mph	00:04:09.24
				Split 2		00:04:20.45	07:00	8.6mph	00:08:29.68
				Split 3		00:04:27.70	07:11	8.3mph	00:12:57.37
				Split 4		00:04:27.69	07:11	8.3mph	00:17:25.05
				Split 5		00:04:12.23	06:46	8.8mph	00:21:37.27
3	JOSHUA LIN		M: 3	RUNNER	1365	00:22:02.75	07:06	8.4mph	Male Overall: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:07.78	06:39	9.0mph	00:04:07.78
				Split 2		00:04:19.14	06:57	8.6mph	00:08:26.91
				Split 3		00:04:32.41	07:19	8.2mph	00:12:59.32
				Split 4		00:04:40.09	07:31	8.0mph	00:17:39.40
				Split 5		00:04:23.35	07:04	8.5mph	00:22:02.75
4	ANGELO CRIMENI	BELLMORE, NY	M: 4	RUNNER	1551	00:22:08.77	07:08	8.4mph	Male Overall: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:19.29	06:58	8.6mph	00:04:19.29
				Split 2		00:04:20.52	07:00	8.6mph	00:08:39.81
				Split 3		00:04:29.21	07:14	8.3mph	00:13:09.01
				Split 4		00:04:35.43	07:24	8.1mph	00:17:44.44
				Split 5		00:04:24.34	07:06	8.4mph	00:22:08.77
5	BILL MCDERMOTT		M: 5	RUNNER	1335	00:22:42.98	07:19	8.2mph	Male Overall: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:20.43	07:00	8.6mph	00:04:20.43
				Split 2		00:04:32.64	07:19	8.2mph	00:08:53.07
				Split 3		00:04:39.29	07:30	8.0mph	00:13:32.35
				Split 4		00:04:39.10	07:30	8.0mph	00:18:11.45
				Split 5		00:04:31.54	07:17	8.2mph	00:22:42.98
6	TIMOTHY MIETUS		M: 6	RUNNER	1347	00:23:13.23	07:29	8.0mph	Male Overall: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:29.79	07:15	8.3mph	00:04:29.79
				Split 2		00:04:27.93	07:12	8.3mph	00:08:57.72
				Split 3		00:04:36.11	07:25	8.1mph	00:13:33.83
				Split 4		00:04:47.13	07:43	7.8mph	00:18:20.96
				Split 5		00:04:52.28	07:51	7.6mph	00:23:13.23
7	JUNE PARK	KINGS PARK, NY	M: 7	RUNNER	1577	00:24:06.12	07:46	7.7mph	Male Overall: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:14.57	06:50	8.8mph	00:04:14.57
				Split 2		00:04:33.66	07:21	8.2mph	00:08:48.23
				Split 3		00:04:58.40	08:01	7.5mph	00:13:46.62
				Split 4		00:05:07.97	08:16	7.2mph	00:18:54.59
				Split 5		00:05:11.54	08:22	7.2mph	00:24:06.12
8	MICHAEL NEALIS	KINGS PARK, NY	M: 8	RUNNER	1576	00:24:19.58	07:50	7.6mph	Male Overall: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:32.87	07:20	8.2mph	00:04:32.87
				Split 2		00:04:48.01	07:44	7.7mph	00:09:20.88
				Split 3		00:04:58.36	08:01	7.5mph	00:14:19.23
				Split 4		00:05:04.78	08:11	7.3mph	00:19:24.00
				Split 5		00:04:55.58	07:56	7.6mph	00:24:19.58
9	KYLE CARPENTER	NESCONSET, NY	M: 9	RUNNER	1548	00:25:04.15	08:05	7.4mph	Male Overall: 9
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:05:00.74	08:05	7.4mph	00:05:00.74
				Split 2		00:04:46.01	07:41	7.8mph	00:09:46.74
				Split 3		00:05:00.37	08:04	7.4mph	00:14:47.11
				Split 4		00:05:14.43	08:27	7.1mph	00:20:01.53
				Split 5		00:05:02.63	08:08	7.4mph	00:25:04.15
10	TYLER LIAUTAUD		M: 10	RUNNER	1387	00:26:33.37	08:33	7.0mph	Male Overall: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:14.77	06:50	8.8mph	00:04:14.77
				Split 2		00:04:21.96	07:02	8.5mph	00:08:36.73
				Split 3		00:04:46.91	07:42	7.8mph	00:13:23.64
				Split 4		00:08:31.25	13:44	4.4mph	00:21:54.88
				Split 5		00:04:38.49	07:29	8.0mph	00:26:33.37

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Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
11	JOHN STAUBER	MASSAPEQUA, NY	M: 11	RUNNER	1584	00:27:43.41	08:56	6.7mph	Male Overall: 11
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:05:24.49	08:43	6.9mph	00:05:24.49
				Split 2		00:05:37.76	09:04	6.6mph	00:11:02.24
				Split 3		00:05:36.48	09:02	6.6mph	00:16:38.72
				Split 4		00:05:40.93	09:09	6.5mph	00:22:19.65
				Split 5		00:05:23.76	08:42	6.9mph	00:27:43.41
12	NICHOLAS ANGERHAUSER		M: 12	RUNNER	1312	00:28:17.83	09:07	6.6mph	Male Overall: 12
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:32.65	07:19	8.2mph	00:04:32.65
				Split 2		00:05:34.70	08:59	6.7mph	00:10:07.34
				Split 3		00:05:50.12	09:24	6.4mph	00:15:57.46
				Split 4		00:06:36.57	10:39	5.6mph	00:22:34.02
				Split 5		00:05:43.82	09:14	6.5mph	00:28:17.83
13	DONALD MACKAY (MACKAY SHOREHAM, NY FAMILY)		M: 13	RUNNER	1571	00:28:18.37	09:07	6.6mph	Male Overall: 13
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:05:10.77	08:21	7.2mph	00:05:10.77
				Split 2		00:05:39.02	09:06	6.6mph	00:10:49.79
				Split 3		00:05:50.14	09:24	6.4mph	00:16:39.93
				Split 4		00:05:52.17	09:28	6.3mph	00:22:32.09
				Split 5		00:05:46.29	09:18	6.4mph	00:28:18.37
14	ROBERT ABRUZZINO	WANTAGH, NY	M: 14	RUNNER	1540	00:28:18.99	09:08	6.6mph	Male Overall: 14
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:05:43.32	09:13	6.5mph	00:05:43.32
				Split 2		00:05:44.72	09:15	6.5mph	00:11:28.03
				Split 3		00:05:28.62	08:50	6.8mph	00:16:56.65
				Split 4		00:05:49.37	09:23	6.4mph	00:22:46.01
				Split 5		00:05:32.99	08:57	6.7mph	00:28:18.99
15	REBECCA MACKAY (MACKAY FAMILY)	SHOREHAM, NY	F: 1	RUNNER	1572	00:28:41.17	09:15	6.5mph	Female Overall: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:04:51.04	07:49	7.7mph	00:04:51.04
				Split 2		00:05:39.49	09:07	6.6mph	00:10:30.53
				Split 3		00:06:03.43	09:46	6.1mph	00:16:33.95
				Split 4		00:06:22.67	10:17	5.8mph	00:22:56.62
				Split 5		00:05:44.56	09:15	6.5mph	00:28:41.17
16	LORI GARGARO	BAY SHORE, NY	F: 2	RUNNER	1553	00:29:06.41	09:23	6.4mph	Female Overall: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:05:42.48	09:12	6.5mph	00:05:42.48
				Split 2		00:05:41.68	09:11	6.5mph	00:11:24.15
				Split 3		00:05:45.18	09:16	6.5mph	00:17:09.32
				Split 4		00:05:53.01	09:29	6.3mph	00:23:02.32
				Split 5		00:06:04.10	09:47	6.1mph	00:29:06.41
17	MARCO POSILLICO		M: 15	RUNNER	1382	00:33:31.14	10:48	5.5mph	Male Overall: 15
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:06:17.23	10:08	5.9mph	00:06:17.23
				Split 2		00:06:33.50	10:34	5.7mph	00:12:50.73
				Split 3		00:06:46.39	10:55	5.5mph	00:19:37.11
				Split 4		00:07:05.09	11:25	5.3mph	00:26:42.20
				Split 5		00:06:48.95	10:59	5.5mph	00:33:31.14
18	MARIA MARDAREWICH (NOTRE DAME RESPECT LIF)	NEW HYDE PARK, NY	F: 3	RUNNER	1575	00:34:01.51	10:58	5.5mph	Female Overall: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:06:29.10	10:27	5.7mph	00:06:29.10
				Split 2		00:06:36.32	10:39	5.6mph	00:13:05.41
				Split 3		00:06:50.96	11:02	5.4mph	00:19:56.37
				Split 4		00:07:10.54	11:34	5.2mph	00:27:06.90
				Split 5		00:06:54.61	11:08	5.4mph	00:34:01.51
19	ANNA SUTTMILLER	WEST HEMPSTEAD, NY	F: 4	RUNNER	1586	00:35:48.73	11:33	5.2mph	Female Overall: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:05:57.14	09:36	6.2mph	00:05:57.14
				Split 2		00:06:39.52	10:44	5.6mph	00:12:36.66
				Split 3		00:08:19.01	13:24	4.5mph	00:20:55.67
				Split 4		00:07:53.28	12:43	4.7mph	00:28:48.95
				Split 5		00:06:59.78	11:17	5.3mph	00:35:48.73

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Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
20	RUTH MACKAY (MACKAY FAMILY)	SHOREHAM, NY	F: 5	RUNNER	1574	00:36:02.54	11:37	5.2mph	Female Overall: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:06:20.56	10:13	5.9mph	00:06:20.56
						Split 2	00:06:50.52	11:02	5.4mph	00:13:11.07
						Split 3	00:07:47.99	12:34	4.8mph	00:20:59.06
						Split 4	00:07:39.47	12:21	4.9mph	00:28:38.52
						Split 5	00:07:24.02	11:56	5.0mph	00:36:02.54
21	MARY GRACE LYNCH	STONY BROOK, NY	F: 6	RUNNER	1570	00:37:42.05	12:09	4.9mph	Female Overall: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:07:11.04	11:35	5.2mph	00:07:11.04
						Split 2	00:07:27.07	12:01	5.0mph	00:14:38.11
						Split 3	00:07:38.80	12:19	4.9mph	00:22:16.90
						Split 4	00:07:42.02	12:25	4.8mph	00:29:58.91
						Split 5	00:07:43.14	12:26	4.8mph	00:37:42.05
22	DON MACKAY		M: 16	RUNNER	1403	00:38:12.02	12:19	4.9mph	Male Overall: 16	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:07:59.96	12:54	4.7mph	00:07:59.96
						Split 2	00:07:42.20	12:25	4.8mph	00:15:42.16
						Split 3	00:07:36.18	12:15	4.9mph	00:23:18.33
						Split 4	00:07:34.50	12:13	4.9mph	00:30:52.83
						Split 5	00:07:19.20	11:48	5.1mph	00:38:12.02
23	ANA CALDERON		F: 7	RUNNER	1405	00:39:23.65	12:42	4.7mph	Female Overall: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:06:32.19	10:32	5.7mph	00:06:32.19
						Split 2	00:07:33.68	12:11	4.9mph	00:14:05.86
						Split 3	00:08:05.57	13:03	4.6mph	00:22:11.42
						Split 4	00:09:51.70	15:54	3.8mph	00:32:03.12
						Split 5	00:07:20.54	11:50	5.1mph	00:39:23.65
24	EARL BAIM		M: 17	RUNNER	1342	00:40:18.61	13:00	4.6mph	Male Overall: 17	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:07:09.57	11:32	5.2mph	00:07:09.57
						Split 2	00:08:49.78	14:14	4.2mph	00:15:59.34
						Split 3	00:08:05.40	13:02	4.6mph	00:24:04.74
						Split 4	00:08:13.75	13:16	4.5mph	00:32:18.49
						Split 5	00:08:00.13	12:54	4.6mph	00:40:18.61
25	MICHAEL GAUDIO		M: 18	RUNNER	1420	00:40:52.75	13:11	4.5mph	Male Overall: 18	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:07:25.34	11:58	5.0mph	00:07:25.34
						Split 2	00:08:40.87	14:00	4.3mph	00:16:06.20
						Split 3	00:08:11.94	13:13	4.5mph	00:24:18.14
						Split 4	00:08:16.00	13:19	4.5mph	00:32:34.14
						Split 5	00:08:18.62	13:24	4.5mph	00:40:52.75
26	TOM KENNEDY	AMITYVILLE, NY	M: 19	RUNNER	1565	00:40:53.00	13:11	4.5mph	Male Overall: 19	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:10:17.51	16:35	3.6mph	00:10:17.51
						Split 2	00:06:51.28	11:03	5.4mph	00:17:08.78
						Split 3	00:07:33.21	12:10	4.9mph	00:24:41.99
						Split 4	00:07:54.87	12:45	4.7mph	00:32:36.85
						Split 5	00:08:16.16	13:20	4.5mph	00:40:53.00
27	KATHERINE SUTTMILLER	WEST HEMPSTEAD, NY	F: 8	RUNNER	1587	00:46:33.08	15:00	4.0mph	Female Overall: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:08:41.46	14:01	4.3mph	00:08:41.46
						Split 2	00:08:18.65	13:24	4.5mph	00:17:00.11
						Split 3	00:09:39.78	15:35	3.8mph	00:26:39.88
						Split 4	00:10:19.13	16:38	3.6mph	00:36:59.00
						Split 5	00:09:34.08	15:25	3.9mph	00:46:33.08
28	KERI SUTTMILLER	WEST HEMPSTEAD, NY	F: 9	RUNNER	1588	00:46:33.50	15:01	4.0mph	Female Overall: 9	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:08:41.24	14:00	4.3mph	00:08:41.24
						Split 2	00:08:19.00	13:24	4.5mph	00:17:00.23
						Split 3	00:09:39.44	15:34	3.9mph	00:26:39.67
						Split 4	00:10:19.24	16:38	3.6mph	00:36:58.90
						Split 5	00:09:34.60	15:26	3.9mph	00:46:33.50

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29	CHRISTIE JIMINEZ	MEDFORD, NY	F: 10	RUNNER	1563	00:47:53.69	15:26	3.9mph	Female Overall: 10
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	00:09:28.63	15:17	3.9mph	00:09:28.63	
				Split 2	00:06:42.47	10:49	5.5mph	00:16:11.09	
				Split 3	00:12:05.06	19:29	3.1mph	00:28:16.15	
				Split 4	00:10:35.28	17:04	3.5mph	00:38:51.43	
				Split 5	00:09:02.27	14:34	4.1mph	00:47:53.69	
30	HEATHER STOKES	MEDFORD, NY	F: 11	RUNNER	1585	00:47:54.33	15:27	3.9mph	Female Overall: 11
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	00:09:29.44	15:18	3.9mph	00:09:29.44	
				Split 2	00:06:42.25	10:48	5.5mph	00:16:11.68	
				Split 3	00:12:05.73	19:30	3.1mph	00:28:17.40	
				Split 4	00:10:34.44	17:03	3.5mph	00:38:51.84	
				Split 5	00:09:02.49	14:34	4.1mph	00:47:54.33	
31	MAGGIE BARRY	ROCKVILLE CENTRE, NY	F: 12	RUNNER	1545	00:48:00.80	15:29	3.9mph	Female Overall: 12
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	00:09:46.82	15:46	3.8mph	00:09:46.82	
				Split 2	00:09:54.02	15:58	3.8mph	00:19:40.84	
				Split 3	00:09:42.86	15:40	3.8mph	00:29:23.69	
				Split 4	00:09:45.64	15:44	3.8mph	00:39:09.33	
				Split 5	00:08:51.48	14:17	4.2mph	00:48:00.80	
32	KATE BARRY	ROCKVILLE CENTRE, NY	F: 13	RUNNER	1543	00:48:01.74	15:29	3.9mph	Female Overall: 13
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	00:09:48.15	15:48	3.8mph	00:09:48.15	
				Split 2	00:09:53.22	15:56	3.8mph	00:19:41.36	
				Split 3	00:09:44.58	15:42	3.8mph	00:29:25.94	
				Split 4	00:09:44.57	15:42	3.8mph	00:39:10.50	
				Split 5	00:08:51.24	14:16	4.2mph	00:48:01.74	
33	ROBERT MACKAY (MACKAY SHOREHAM, NY FAMILY)		M: 20	RUNNER	1573	00:48:26.65	15:37	3.8mph	Male Overall: 20
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	00:08:55.29	14:23	4.2mph	00:08:55.29	
				Split 2	00:10:15.27	16:32	3.6mph	00:19:10.55	
				Split 3	00:09:16.95	14:58	4.0mph	00:28:27.49	
				Split 4	00:08:58.49	14:28	4.1mph	00:37:25.97	
				Split 5	00:11:00.68	17:45	3.4mph	00:48:26.65	
34	KRISTEN BARRY	ROCKVILLE CENTRE, NY	F: 14	RUNNER	1544	00:48:46.10	15:43	3.8mph	Female Overall: 14
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	00:09:46.64	15:46	3.8mph	00:09:46.64	
				Split 2	00:09:52.03	15:54	3.8mph	00:19:38.67	
				Split 3	00:09:45.74	15:44	3.8mph	00:29:24.41	
				Split 4	00:09:44.28	15:42	3.8mph	00:39:08.69	
				Split 5	00:09:37.41	15:31	3.9mph	00:48:46.10	
35	SHAUN BARRY	ROCKVILLE CENTRE, NY	M: 21	RUNNER	1546	00:48:46.66	15:44	3.8mph	Male Overall: 21
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	00:09:48.23	15:48	3.8mph	00:09:48.23	
				Split 2	00:09:51.45	15:53	3.8mph	00:19:39.67	
				Split 3	00:09:45.27	15:43	3.8mph	00:29:24.93	
				Split 4	00:09:44.29	15:42	3.8mph	00:39:09.21	
				Split 5	00:09:37.45	15:31	3.9mph	00:48:46.66	
36	GERALYN LOPRIENO	NORTHPORT, NY	F: 15	RUNNER	1567	00:48:55.88	15:47	3.8mph	Female Overall: 15
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	00:09:25.41	15:11	3.9mph	00:09:25.41	
				Split 2	00:09:25.12	15:11	3.9mph	00:18:50.52	
				Split 3	00:09:28.67	15:17	3.9mph	00:28:19.18	
				Split 4	00:11:00.42	17:45	3.4mph	00:39:19.60	
				Split 5	00:09:36.28	15:29	3.9mph	00:48:55.88	
37	JANE LOPRIENO	NORTHPORT, NY	F: 16	RUNNER	1569	00:48:56.74	15:47	3.8mph	Female Overall: 16
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
				Split 1	00:09:26.54	15:13	3.9mph	00:09:26.54	
				Split 2	00:09:24.32	15:10	4.0mph	00:18:50.85	
				Split 3	00:09:27.19	15:14	3.9mph	00:28:18.04	
				Split 4	00:11:01.40	17:46	3.4mph	00:39:19.44	
				Split 5	00:09:37.30	15:31	3.9mph	00:48:56.74	

# 5K RUN / WALK 4 LIFE

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
38	CHRIS VAN DE WATER		M: 22	RUNNER	1395	00:54:00.99	17:25	3.4mph	Male Overall: 22
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:09:42.60	15:39	3.8mph	00:09:42.60
				Split 2		00:11:10.91	18:02	3.3mph	00:20:53.51
				Split 3		00:11:47.71	19:01	3.2mph	00:32:41.21
				Split 4		00:11:49.61	19:04	3.1mph	00:44:30.81
				Split 5		00:09:30.19	15:19	3.9mph	00:54:00.99
39	MARY SCHMIDTROTH	NEW YORK, NY	F: 17	RUNNER	1581	00:54:39.04	17:37	3.4mph	Female Overall: 17
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:04.51	19:28	3.1mph	00:12:04.51
				Split 2		00:11:17.14	18:12	3.3mph	00:23:21.64
				Split 3		00:10:47.30	17:24	3.4mph	00:34:08.93
				Split 4		00:10:18.63	16:37	3.6mph	00:44:27.56
				Split 5		00:10:11.49	16:26	3.7mph	00:54:39.04
40	ALLEN ROTH	NEW YORK, NY	M: 23	RUNNER	1580	00:54:39.31	17:37	3.4mph	Male Overall: 23
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:05.00	19:29	3.1mph	00:12:05.00
				Split 2		00:11:16.84	18:11	3.3mph	00:23:21.84
				Split 3		00:10:47.32	17:24	3.4mph	00:34:09.15
				Split 4		00:10:18.72	16:37	3.6mph	00:44:27.87
				Split 5		00:10:11.44	16:26	3.7mph	00:54:39.31
41	CASSIDY HU	WANTAGH, NY	F: 18	RUNNER	1555	00:55:17.97	17:50	3.4mph	Female Overall: 18
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:19:25.59	31:19	1.9mph	00:19:25.59
				Split 2		00:10:35.07	17:04	3.5mph	00:30:00.65
				Split 3		00:07:42.36	12:25	4.8mph	00:37:43.01
				Split 4		00:09:44.08	15:42	3.8mph	00:47:27.08
				Split 5		00:07:50.89	12:39	4.7mph	00:55:17.97
42	LISA COLLETTA	GLEN HEAD, NY	F: 19	RUNNER	1550	00:56:28.76	18:13	3.3mph	Female Overall: 19
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:11:36.77	18:43	3.2mph	00:11:36.77
				Split 2		00:11:01.42	17:46	3.4mph	00:22:38.18
				Split 3		00:11:14.36	18:07	3.3mph	00:33:52.53
				Split 4		00:11:09.97	18:00	3.3mph	00:45:02.49
				Split 5		00:11:26.27	18:26	3.3mph	00:56:28.76
43	THERESE DIRENZO		F: 20	RUNNER	1404	00:56:29.31	18:13	3.3mph	Female Overall: 20
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:11:36.70	18:43	3.2mph	00:11:36.70
				Split 2		00:11:04.12	17:51	3.4mph	00:22:40.82
				Split 3		00:11:12.91	18:05	3.3mph	00:33:53.72
				Split 4		00:11:08.87	17:58	3.3mph	00:45:02.59
				Split 5		00:11:26.73	18:27	3.3mph	00:56:29.31
44	JANICE SEAMAN	SYOSSET, NY	F: 21	RUNNER	1582	00:56:30.07	18:13	3.3mph	Female Overall: 21
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:11:37.15	18:44	3.2mph	00:11:37.15
				Split 2		00:11:03.81	17:50	3.4mph	00:22:40.95
				Split 3		00:11:10.77	18:01	3.3mph	00:33:51.72
				Split 4		00:11:11.39	18:02	3.3mph	00:45:03.10
				Split 5		00:11:26.98	18:28	3.2mph	00:56:30.07
45	SAL GARGARO	BAY SHORE, NY	M: 24	RUNNER	1554	00:56:48.01	18:19	3.3mph	Male Overall: 24
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:11:47.79	19:01	3.2mph	00:11:47.79
				Split 2		00:11:53.10	19:10	3.1mph	00:23:40.88
				Split 3		00:11:02.36	17:48	3.4mph	00:34:43.23
				Split 4		00:11:00.04	17:44	3.4mph	00:45:43.27
				Split 5		00:11:04.74	17:52	3.4mph	00:56:48.01
46	JENNIFER BAIERSTEIN		F: 22	RUNNER	1422	00:57:46.47	18:38	3.2mph	Female Overall: 22
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:17:20.98	27:59	2.1mph	00:17:20.98
				Split 2		00:09:56.31	16:01	3.7mph	00:27:17.29
				Split 3		00:10:01.52	16:10	3.7mph	00:37:18.80
				Split 4		00:10:03.73	16:13	3.7mph	00:47:22.53
				Split 5		00:10:23.95	16:46	3.6mph	00:57:46.47
47	PAUL MONAGHAN		M: 25	RUNNER	1427	00:57:47.09	18:38	3.2mph	Male Overall: 25
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:17:20.57	27:58	2.1mph	00:17:20.57
				Split 2		00:09:56.34	16:01	3.7mph	00:27:16.91
				Split 3		00:10:01.77	16:10	3.7mph	00:37:18.68
				Split 4		00:10:03.43	16:13	3.7mph	00:47:22.10
				Split 5		00:10:24.99	16:48	3.6mph	00:57:47.09

# 5K RUN / WALK 4 LIFE

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
48	SAVANNAH KRAPP	HUNTINGTON, NY	F: 23	RUNNER	1566	01:03:35.02	20:30	2.9mph	Female Overall: 23
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:26:17.19	42:23	1.4mph	00:26:17.19
				Split 2		00:09:41.26	15:37	3.8mph	00:35:58.44
				Split 3		00:10:06.22	16:17	3.7mph	00:46:04.66
				Split 4		00:08:53.20	14:20	4.2mph	00:54:57.86
				Split 5		00:08:37.17	13:54	4.3mph	01:03:35.02
49	JACLYN VINO	HUNTINGTON, NY	F: 24	RUNNER	1589	01:03:35.85	20:30	2.9mph	Female Overall: 24
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:26:17.53	42:24	1.4mph	00:26:17.53
				Split 2		00:09:40.86	15:36	3.8mph	00:35:58.38
				Split 3		00:10:06.41	16:18	3.7mph	00:46:04.79
				Split 4		00:08:53.19	14:19	4.2mph	00:54:57.98
				Split 5		00:08:37.88	13:55	4.3mph	01:03:35.85